

foodsense

for all seasons

JULY/AUG 2015

REAL TIME TECHNICAL
Nutrition and Allergen Information

TRUST
A DIETITIAN

Menu Review

An update on 2015-16 menu
review process

Tillery Valley working with
NHS TRUST HARLOW

UPDATE

Menu Review 2015-16

The 2015-16 menu review process is well underway and our team of chefs are working on both new and existing recipes to enhance your menus.

As part of this review we have taken a much more detailed look at the chilled cycles and we are proposing some significant changes to ensure that the availability of dishes and the balance of product choices on each cycle are optimised.

The product development team have two distinct remits for menu review:

- *Existing Product Development (EPD) – this part of our development work focuses on further improving the flavour profile and appearance of our existing products and making them suitable for as many different diets as possible. This allows you, our customers, the ability to offer more choice and have more flexibility with your menus. For example, we have been increasing the number of gluten free mainstream products*

on each cycle and working to remove as many other allergens as possible; these actions help to make each product more useful when planning a menu.

- *New Product Development (NPD) – this part of our work is developing new products to enhance and refresh the chilled and frozen ranges. Input from our customers is an important part of this process and we would like to thank all those customers that took the time to send us their recipe ideas and menu suggestions. The product development team have been busy developing some exciting new menu items which we're sure you'll love – all will be revealed soon!*

The new chilled and ready range brochures will be available in November for menu launch in April. We will keep you updated as the menu review progresses.

TRUST A DIETITIAN

Tillery Valley sponsored the British Dietetic Association's 'Trust a Dietitian' week on the 8th and 9th June with a stand in the main canteen manned by TVF Dietitians, Rebecca Lowe and Anne Donelan.

Rebecca's stand focused on the risks of too much sugar, fat and salt in our daily diets and how these can easily be hidden in processed foods.

We aimed to promote healthy eating and offered free fruit to visitors of the stand, in addition to

eat well plate leaflets and postcards.

The stand also held information from the British Dietetic Association on food facts relating to sugar, salt, fat and the five a day target of fruit and vegetables. There was also a particularly good response to the 1lb and 5lb fat models which helped give visitors to the stand a visual representation of the fat in their body. The stand was well attended and a success in helping to raise awareness of the dangers of processed foods. Due to the popularity of the event, TVF staff across our sites are being offered "Fresh Fruit on Fridays" in a variety of locations.





Trust more than one dietitian

Following hard on the heels of Rebecca's Trust a Dietitian event came the July Government's report from SACN on Carbohydrate (& Sugar!). There has been quite a bit of media 'noise' following this and quite a few misunderstandings. Whilst it is really important that we all make enjoyable, affordable and sensible choices when spending our money on food, snacks and drinks, are we in danger of demonising the wrong foods?

Registered Dietitian, Azmina Godvindji, has written a really worthwhile overview in her recent blog that balances the scales when it comes to weighing up sugar in the diet.

<http://www.azminanutrition.com/blog/2015/07/the-governments-sacn-carbohydrate-sugar-report-are-we-demonising-the-wrong-foods/>

There are natural sugars in lots of everyday food items: most people know of lactose in milk and milk products such as yogurt and fructose in fruits and in fruit products. These are not the sort of products to avoid as they give you and your family lots of essential nutrients such as calcium, vitamins and scavenging 'anti-oxidants' to help keep you healthy. Eat a rainbow of colours from a variety of fruits and vegetables. But avoid quaffing an excess of fruit juices – just one

small glass is fine as one of your 5 A DAY as the sugars here are 'free' sugars just like in sugared soft drinks and sweet confectionery.

This illustrates a key point raised by staff at Rebecca's session. Whilst we wouldn't eat half a bowl full of sugar by the spoonful in one sitting, it is easy to drink down that equivalent in one large sugared soft drink without realising it. In fact, taking one teaspoon of sugar in tea and coffee over a day may not reach anything like the amount of sugar you can easily drink from a can of sweetened soft drink or smoothie in one go. So the best advice is to try and steer clear of added sugar when you can see it (such as cutting down from one to none in your tea and coffee, a great step to achieving the advised sugar targets) and to avoid foods and drinks that are obviously high in 'free' sugars – either from reading the label where ingredients like sugars, syrups, honey, dextrose are high on the list, or applying common sense: if it tastes sweet it is going to be sugary – as with chocolates, sweets, cakes, desserts, biscuits, ice creams.

Azmina's article gives you lots of practical information and ideas about the key foods and drinks to watch out for whilst not stressing over the ones that are of far less overall concern and essential to making up a varied and healthy diet of foods and drinks you enjoy. And you'll be doing your teeth a favour as well!

DYSPHAGIC MEAL SUPPLY

A final reminder that from 14th August Tillery Valley will be switching its supply of dysphagic meals from Kealth to Punjab Kitchen under their Simply Puree label. Last orders for Kealth products will be taken on 12th August. Should you wish to see samples of the Simply Puree meals please contact your TVF Account Manager or call 01495 322119 or email tvfsales@tilleryvalley.com

Nutrition & Allergen Information

Many of our customers will already be aware of our Real Time Technical information base but for our new customers and those who are new to working with Tillery Valley Foods we recommend that everyone who regularly needs access to nutritional and allergen information for our foods subscribes to our mailing list to receive a copy of our Real Time Technical information.

Real Time Technical (RTT) includes information on our full product ranges including allergies and other dietary, nutritional and ingredient information presented as a series of spreadsheets and supporting text information in pdf files. If you would like to receive a copy of this information please send a blank email with the subject line "Send v2015" to the following email address:
RTT@tilleryvalley.com

You will receive an out of office reply – this is confirmation that your mail has been received and your request is being processed. Later on you will receive the actual RTT files via two separate emails the first of which contains the password to use with the second so please keep the first mail until you receive the second one.

The size of RTT is just under 7 megabytes, which is below the 10 megabyte message size limit of the majority of email firewalls however we encourage users to check that their email is capable of receiving attachments of this size and also that mail

from the email address above is received into their inbox and does not get directed to a junk email folder or similar. Once you are on our mailing list you will also receive updates in order to ensure that you always have access to the most up to date information available.

Please note that if you have received the RTT emails during the last couple of months then you are already on our mailing list and no further action is needed to continue receiving RTT and its updates.

If any of our existing RTT users has any questions or feedback relating to RTT then please contact Neil Lewis, RTT compiler, via email **neil.lewis@tilleryvalley.com** or alternately telephone: **01495 211555**.



Footnote:

Following a re-working of the base recipe, Scrambled Egg is now Gluten Free.

Princess Alexandra Hospital



Tillery Valley Foods have recently provided assistance to the 489 bed Princess Alexandra Hospital NHS Trust in Harlow, Essex during a planned refurbishment of their main production kitchen.

The refurbishment involved the complete shutdown of the traditional cook / serve production kitchen which provides meals for patient dining and also supplies the staff visitor restaurant with its hot food offer.

Prior to the shutdown which lasted for three weeks, Tillery Valley Foods worked with the Trust catering and dietetic teams to plan and nutritionally assess the regular, modified, and therapeutic diet menus to be provided during this period. There was also a significant amount of training required, which was provided by Tillery Valley Foods, for both the catering team and the ward based ward hostess team, who serve the meals, to ensure a smooth transition to the new service for this interim period.

Tillery Valley Foods provided its "Ready Range" of frozen multi portion meals for patient dining during this interim period. The restaurant offer was supplied with the "Delivered Meal Solution" range (a range which has been tried and tested at some major UK sporting events in the recent past). The shutdown lasted for 3 weeks during

which time the Trust managed to successfully replace the kitchen floor and refurbish a number of areas.

Jonathan Levantine, Trust catering manager (pictured below) commented *"Tillery Valley Foods delivered excellent support and service during the period that our kitchen was closed for repair. We only provided TVF with about four weeks' notice of our requirements for this shutdown and yet they managed to deliver all of our needs within this short time frame. The Trust is very grateful for the interim service provision supplied by Tillery Valley Foods which allowed us to complete the necessary work with minimal impact on our patient and staff / visitor services."*

The Princess Alexandra Hospital NHS Trust have subsequently returned to their regular service provision.

